



Viroqua Middle School Track Meet **Monday, April 28, 2025**

Schools: Bangor, Cashton, DeSoto, Ithaca, Richland Center, Seneca, Viroqua
Start time: 4:15 Field Events – 4:30 Running

ENTRIES

- An individual may compete in a maximum of 4 events, no more than 3 field or 3 running
 - Accurate Timing will be timing and scoring the meet. Use [Athletic.net](https://athletic.net) for meet entries.
Entries due by noon on Sunday, 4/27/25. AccuRace Timing may charge a \$150.00 late entry fee if you miss the entry deadline!
 - Results will be available online @ [AccuRace Timing Services](https://accuracetimesing.com).
1. Running Events: Unlimited entries per individual races and 2 teams per school per relay.
 2. Field Events:
 - a. **Throws:** 5 entries per event per gender
 - b. **Long & Triple Jumps:** 5 entries per gender
 - c. **High Jump:** 3 entries per gender
 - d. **Pole Vault:** 3 entries per gender

SCHEDULE OF EVENTS

Field Events:

Shot Put – Girls, followed by boys
Discus – Boys, followed by girls
High Jump – Girls first (3-6), then Boys (4-4)
Long Jump – 2 pits - South Pit
Triple Jump – Boys & Girls combined, North Pit
Pole Vault – Boys first, then Girls (Opening height TBD)

Running Events:

100m Hurdles (30") – 10 hurdles
100m Dash
1600 m Run
800m Relay (4x200M)
400m Dash
400m Relay (4x100M)
800m Run
200m Dash
1600m Relay (4x400M)

IMPORTANT MEET NOTES

1. Field events will be run cafeteria style.
2. Three (3) jumps and three (3) throws. NO FINALS.
3. Athletes will have a time limit **1.5 HOURS** to complete horizontal jumps and/or throws.
4. High jump to completion (girls jump first), Pole vault to completion (boys jump first).
5. Concessions will be available.

Additional Meet Information

1. Please proceed to the press box area to make any scratches and/or replacement.
2. Please make sure your athletes are using **1/4" pyramid spikes ONLY!**
3. I would ask that coaches help out with exchange zones. Let me know if you can help out with this when you arrive, and I will assign you to a zone.
4. Please make sure that you have a legal shot put (4.0kg/8.81 lbs).
5. No tape on the track! **CHALK ONLY!** Chalk will be provided.
6. If weather is an issue that day, a decision will be made by 2:00PM. My cell phone number is 606-1427 if you need to reach me during the school day.

Thank you,

Dan Brown
Viroqua Area Schools Athletic Director
(608) 606-1427